



Simply Red Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cherries dried
- ☐ 0.5 juice of lime finely grated
- ☐ 2 navel oranges
- ☐ 0.3 cup pomegranate seeds (arils)
- ☐ 1 cup grapes red halved
- ☐ 1 pound strawberries hulled halved quartered (if small)
- ☐ 1 tablespoon strawberry jam

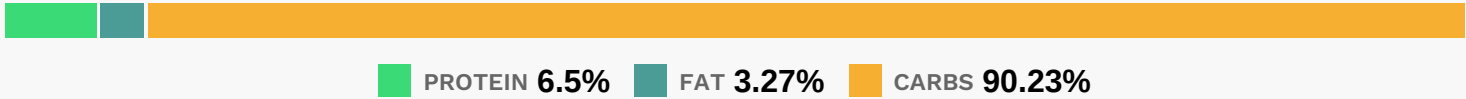
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ In a small heatproof bowl, cover cherries with boiling water.
- ☐ Let sit for 15 minutes; drain, reserving liquid.
- ☐ Add berries and grapes to bowl with cherries.
- ☐ Over a bowl, use a paring knife to remove skin and pith from oranges. Slice alongside membranes of each segment, releasing segments. Squeeze juice from membranes.
- ☐ Transfer segments to bowl with cherries; reserve juice.
- ☐ In a small pan, combine reserved liquid from cherries, reserved orange juice and lime zest and juice.
- ☐ Add jam. Boil until reduced by half, about 3 minutes.
- ☐ Let cool completely at room temperature.
- ☐ Before serving, drizzle sauce over fruit and top with pomegranate arils.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.39, Inflammation Score:-5, Nutrition Score:6.6452175003031%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

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Nutrients (% of daily need)

Calories: 85.5kcal (4.27%), Fat: 0.34g (0.52%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 17.75g (6.45%), Sugar: 14.78g (16.42%), Cholesterol: 0mg (0%), Sodium: 3.55mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 56.11mg (68.01%), Manganese: 0.25mg (12.59%), Fiber: 3.1g (12.38%), Vitamin A: 375.59IU (7.51%), Folate: 28.94µg (7.24%), Potassium: 201.15mg (5.75%), Vitamin K: 5.14µg (4.89%), Copper: 0.08mg (3.93%), Vitamin B6: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.73%), Calcium: 34.27mg (3.43%), Magnesium: 13.61mg (3.4%), Vitamin B2: 0.05mg (2.9%), Phosphorus: 28.63mg (2.86%), Iron: 0.5mg (2.79%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.2mg (2%)